



Carlisle Connection

Carlisle Council On Aging Serving Carlisle's 60+ Community

66 Westford Street, Carlisle, MA 01741

May 2013



COA Official Town website:

<http://www.carlislema.gov>

Friends of COA:

<http://www.carlisle.org/foccoa>

From the Director

Hello Everyone, Happy Spring! This month's newsletter will include an insert that is an updated version of our COA Registration Form. We're encouraging everyone to complete the form and either mail it back or drop it off in the COA office. The purpose of the form is to fill in gaps and in some cases update information that we have in the Council on Aging's new software database. For example, we have addresses for most seniors in town, but in some cases we are missing phone numbers or email addresses. Perhaps most importantly, the registration form asks for emergency contact information of a relative or friend that you think we should notify should there be a need. As an added incentive for completing and returning the form, we're offering a \$1 reduction in the donation request for the COA lunch on May 16th and everyone that returns the form will also be entered in a raffle for a special prize. You may also choose to scan the form into your computer and email it to coadmin@carlisle.mec.edu. From the COA staff, thank you for helping us help you! *Best Wishes, David*

COA Monthly Luncheon **Thursday, May 16, 11:45am at FRS**

Join us at the FRS for our monthly luncheon run by our wonderful team of COA volunteers. Enjoy a delicious meal of gluten free sweet n' sour chicken, vegetable and dessert. Please call the COA at (978) 371-2895 by noon Monday, May 13. If you need a ride, call (978) 371-6690 at least two days in advance. **Suggested donation: \$3.**

Following Lunch: Enjoy a trip to the Italian Lakes, Greek Islands and Croatia, with your Travel Zarrina, Joanne Willens (with help from COA volunteer Art Levine). Enjoy the beautiful vistas and expanses of Stresa, Lake Como, Bari, Dubrovnik, Venice, Milan and the Greek Islands of Katakolon, Santorini, Mykonos, and Rhodes. If you have enjoyed Italy, come and reminisce; if not, come and enjoy the trip you wished you had taken, or check with Joanne (978) 371-2895 to see if there is space in her October 2013 trip to Southern Italy & Sicily.



Spring Fling! **Friday, May 31, 6:00-8:30 at FRS**

Come join the Carlisle Council on Aging for a night of fun, dancing and music. Join us at 6pm for some light refreshments, followed by Music from Mansfield Entertainment. Enjoy the music from 6:30 to 8:30pm, and watch with delight the dancing demonstrations by our own Ballroom Dancing instructors, Barry Kasven and Cynthia Horn. Come and enjoy all types of music and dances. The music for this dance is sponsored by Emily Tamilio of Right at Home. Please register by calling the COA (978) 371-2895 by noon on May 23.



CARLISLE COA **OFFICE HOURS**

Monday 9am - 5pm
Tues. - Th. 9am - 3pm
Friday 9am - 1pm
(978) 371-2895 Office
(978) 371-6690 Van line
(978) 371-6693 Director

COA Staff

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MAY 2013

SUN	MON	TUE	WED	THU	FRI	SAT
	<u>Note:</u> In case of bad weather please call 978-371-2895 to check on COA events	Inside walking Mon-Fri 6:45—7:30am when schools are open Outside walking Thursday 9:30am, weather permitting Save the date: June 15 Concert celebration in honor of Gabor Miskolczy	1 Inter-Tap-FRS Union Hall 2:45 - 3:45pm Chelmsford Crossing Lunch FRS-noon, BP 11:30am, followed by Two Old Friends 1-2pm	2 COA Coffee & BP 9am Sleeper Room Fitness - 9:45am Cardio - 10:45am	3 grocery shopping-9am SAMA-10:45am 9:38am-Poetry group	4 Hazardous Waste Day Emerson Hosp Health Fair 9-1:30
5 	6 Yoga – 9:30am Restaurant Review -Local Table VC11am, CC11:10am	7 TOWN ELECTIONS Podiatry Clinic-Sleeper Rm, VC Zumba 10:45am St. Irene New MA Trust Code-Hollis Rm 11:00am Ballroom Dance-2pm St Irene Tai Chi-3:00pm St Irene	8 Chestnut Hill Shopping-VC 9:00, CC 9:15 Inter-Tap-FRS Union Hall 2:45 - 3:45pm	9 Men's breakfast & BP 8am Sleeper Room Fitness - 9:45am, Cardio - 10:45am	10 grocery shopping-9am SAMA - 10:45am 9:38am-Poetry group	11
12	13 Sr. Moments & BP -at Ferns 9:30am Yoga – 9:30am Book Club-10:15am Hollis Rm Library Caregiver Support 3-5pm Hollis Rm	14 Zumba - 10:45am - St. Irene Nashoba Valley Tech HS lunch-11:45am , BP Ballroom Dance-2pm St Irene Tai Chi-3:00pm St Irene	15 Inter-Tap-FRS Union Hall 2:45 - 3:45pm	16 Fitness - 9:45am Cardio - 10:45am COA Lunch - 11:45am FRS,BP 11-11:45 am KISS knit–7:30pm	17 grocery shopping -9am SAMA-10:45am 9:38am-Poetry group Isabella trip leaves CC-9:00am	18
19 Friends of COA mtg 3-5pm, vc 2:20, town hall 2:40	20  A Day to Yourself! Do what you like!	21 Zumba - 10:45am - St. Irene New MA Probate Code-Hollis Rm 11:00am Tai Chi-3:00pm St Irene Ballroom Dance-2pm St Irene	22 Inter-Tap-FRS Union Hall 2:45 - 3:45pm	23 Fitness - 9:45am Cardio - 10:45am	24 grocery shopping-9am SAMA-10:45am	25
26	27  COA CLOSED MEMORIAL DAY	28 Zumba - 10:45am - St. Irene Ballroom Dance-2pm St Irene Tai Chi-3:00pm St Irene	29 Inter-Tap-FRS Union Hall 2:45 - 3:45pm	30 Fitness - 9:45am Cardio - 10:45am	31 grocery shopping-9am Spring Fling 6:00-8:30pm	



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TRANSPORTATION / TRIPS

The COA transportation services are available to all senior and adult disabled Carlisle residents during regular COA hours of operation. **Weather Info/Cancellations: (978) 371-2895**

Van Line Reservations: (978) 371-6690 or email coaride@carlisle.mec.edu

DONATIONS/FEES* are as follows:

Within Carlisle rides or Friday shopping trips-no charge; within 15 mile rides, suggested donation \$2, Van Trips over 15 miles away \$5. *Parking fees are the responsibility of the rider.

Van Pick-up for COA Lunch at FRS - For the COA lunches, van pickup at Village Court at 11:15, Congregational Church at 11:30. **NOTE: The van will continue to pick up for the COA Lunch.** Please call the van line to confirm attendance.



Medical appointments: Call at least 2 days in advance if possible. We do not provide medical rides to Boston or Cambridge at this time. Please call 911 for Emergency care.

Local grocery /Shopping trips

Join us every Friday morning at 9:00am for The weekly Grocery Shopping Trip to the new Market Basket in Westford. Call the van to make reservations (978) 371-6690. Van leaves at 9:00am. **No COST!**



Monday, May 13, 2013 Carlisle Community Book Club - 10:15am Hollis Room

We will read The Piano Tuner by Daniel Mason. pub 2002. 317 pages. Burma in the late 1800s For information contact Mary Zoll, (978) 369-5236.

Carlisle Country Gardens Tour & Plant Sale **Friday June 14, Saturday, June 15** **10:00 a.m. to 4 p.m.**

The tour features six private gardens, including charming rustic landscapes, enchanted woodland gardens, and two working farms. Tickets can be purchased at Ferns, New England Nurseries, or www.carlislegardenclub.org for \$15.00 and at the First Religious Society for \$20.00 on the days of the tour. Seniors are \$10.00 at all times. A Plant Sale of hardy perennials will be held at the FRS from Friday morning until it sells out. Proceeds from the Tour and Plant Sale benefit town beautification projects, scholarships for high school students and civic programs such as the COA Holiday Wreath Decorating event. **We could use your Help.** Garden Hosts are needed to greet visitors. Each volunteer receives one free ticket to the tour. The shifts run from 10 a.m. to 1 p.m. or 1 p.m. to 4 p.m. Horticultural expertise is not necessary. To sign up go on the website noted above, or contact Barbara Lewis at blglewis@comcast.net or (978) 287-0049.



Hazardous Waste Day **Saturday, May 4, from 9am-noon**



The Spring Hazardous Waste collection will be held at the DPW Building behind the Transfer Station. Valid transfer station stickers required. **NEW THIS YEAR: SHARPS** will be collected. They must be brought in an approved container made of heavy-duty plastic, leak-resistant, properly labeled and secured with a tight-fitting, puncture-proof lid. One-gallon sharps disposal containers are available for \$4.50 at the Board of Health office. **Absolutely no latex paints!**



Local Table **Monday, May 6** **Join us for a great meal!**

We will be going to the Local Table in Acton, a lunch café with custom made sandwiches, quiches, salads and soups. Plan to join us for great food and prices! Call Joanne at (978) 371-8023 to register: deadline is April 29. \$2 van fee. Leaves VC at 11:00am, CC at 11:10am. **Save the date:** June 3 lunch review: Fishbones.

Chestnut Hill Shopping Mall **Wednesday, May 8**

We will be going to the Chestnut Hill Mall for a day of shopping. Lunch is on your own. The van leaves VC at 9:00am, CC at 9:15am, returns at 4:00pm. Van fee is \$5.00. Call Joanne at (978) 371-8023 to register by May 1.

Tower Hill Botanical Gardens **Monday, June 11**

Join us for a visit to the Tower Hill Botanical Gardens, a garden paradise on 132 acres in Boylston, MA. Enjoy a lunch at Twigs Café or bring your own. You may sign up for a tour when you arrive at the gardens. Fee \$7.00. Make registration checks to Carlisle COA and send to Joanne Willens, 145 Church St., Carlisle, MA 01741. Call Joanne (978) 371-8023 to register: deadline is June 3. \$5 van fee. Leaves VC at 9:15am, CC at 9:30am.



FOR YOUR HEALTH!



Free Blood Pressure Clinics

Wednesday, May 1 11:30am Chelmsford Crossing lunch FRS, sponsored by: *Chelmsford Crossing*

Thursday, May 2, 9:00 am - Village Court at the COA Coffee, sponsored by *Life Care Center of Nashoba Valley*.

Thursday, May 9, 8:00 am Sleeper Room during the Men's Breakfast, sponsor: *Home Instead*.

Monday, May 13, 9:30am Ferns during Senior Moments, sponsor: *Right at Home*

Thursday, May 16 to 11:45 am FRS at the COA Lunch, sponsored by: *FCOA & Emerson Hospital Home Care*

Podiatry Clinic

Tuesday, May 7th, Sleeper Room at Village Court. Call the COA (978) 371-2895 to make an appointment. **Cost:** \$20 (partially funded by Friends of the Carlisle COA). Checks made to Carlisle COA or cash; payable day of clinic. For Carlisle "60+ residents."



EXERCISE CLASSES - Mind & Body



NOTE: To sign up for the following programs, please call the COA office at (978) 371-2895.

Minimum attendance is required for new sessions of all programs to continue. Stop in and try a class/day for free (except yoga)! New members are welcome. Make check payable to Carlisle COA unless otherwise noted.

Remember, in case of bad weather, if there is no school there will be no exercise class.

CARDIO-BOOST CLASS - Thursdays May 2, 9, 16, 23, and 30 (Congregational Church) at 10:45am

Instructor: Katrina Rotondi. A "heart-healthy," aerobic-type workout. Wear comfortable clothes, bring hand weights. **Fee:** \$40 (Mar - May)

FITNESS CLASS - Thursdays May 2, 9, 16, 23, and 30 (Clark Rm at Town Hall) at 9:45am

Instructor: Katrina Rotondi. Great for all ability levels, and may be done in a chair. Wear comfortable clothes, bring hand weights. **Fee:** \$40

INTERGENERATIONAL TAP - Wednesdays May 1, 8, 15, 22, and 29 (FRS Union Hall) at 2:45 - 3:45pm

For everyone 12 and older. Taught by Katrina Rotondi. **Fee:** \$40)

BALLROOM DANCING - Tuesdays (St. Irene Church) - at 2pm May 7, 14, 21 and 28. Wear leather-soled shoes. Old and new attendees welcome. **FREE** due to the generosity of our teachers, Barry Kasven and Cynthia Horn. Register at (978) 371-2895.

TAI CHI- Tuesday May 7, 14, 21, 28 at 3:00pm St Irene

No registration, just show up!

A local senior is leading an informal group of **any age** in Tai Chi to give folks a chance to try it out and determine if they would like to continue. Wear loose fitting clothing and soft soled shoes.

YOGA - Mondays (St. Irene) from 9:30 - 10:30am

Session II: March 18 - May 13. **Fee:** \$120 for 8 wks. (\$40 for Carlisle seniors). Call (978) 369-9815. **Checks payable to Carlisle Recreation Dept.**

SAMA EXERCISE CLASS - Fridays May 3, 10, 17 and 24 at 10:45am Clark Room

SAMA (Senior Approach to Martial Arts) is an exercise class based on martial arts moves, to help keep joints and minds flexible while increasing balance. Seniors, and those who will be seniors are welcome. \$100 for 10 wks.

ZUMBA® - Tuesdays May 7, 14, 21, 28 (St. Irene) 10:45 - 11:30am Taught by Zumba Certified Instructor Katrina Rotondi. **Fee:** \$40

Inside Walking at Carlisle Public School Gym 6:45 - 7:30 am. Bring a friend, get healthy, and enjoy walking around the school gym. The gym is not available on days when there are storms & no school.

Outside Walking at Center Park 9:30am for about a two hour walk at a moderate pace.

You don't need to sign up, just show up! Runs through mid-May weather permitting. We will continue walking on the trails needed for you to earn the Carlisle Trekker Award. Contact Jane Anderson at (978) 369-9672 with any questions or jane.anders@comcast.net.

Carlisle Community Conversation

Tuesday May 7, 11am Hollis Rm-New Massachusetts Trust Code; Linda Butterworth-Till, attorney

Trusts are wonderful instruments, and can be used for multiple different purposes. Some of the most common are: for a married couple, to plan for reduction or elimination of estate taxes; for a surviving beneficiary to have immediate access to a decedent's resources; to avoid costs, time and publicity of probate; to provide resources for a handicapped or disabled individual beyond those provided by government; for older couples to protect assets as they face the possibility of needing governmental assistance to pay for long term care. Types of trusts listed here will be covered in this conversation, along with highlights from the Massachusetts Uniform Trust Code signed into law on July 8, 2012.



New Massachusetts Probate Code

Eric Prichard, attorney

Tuesday May 21, 11am Hollis Rm

The new Massachusetts Uniform Probate Code and Trust Code went into effect April 2, 2012, dramatically changing the probate process for distributing property when someone passes away. These changes could significantly affect your estate plan. Attorney Eric Prichard from Brown & Brown, PC will discuss how the new Probate Code works, the major differences between the old system of probate and the newer, "easier" system, and he will also talk about changes that you may have to make to ensure that your estate planning documents comply with the new probate rules.



English smocking

Terry Quinn

Seamstress, presenter

Tuesday June 4, 11am Hollis Rm

Terry will show us the basics of English Smocking, which is putting a piece of fabric through a pleater and then embroidering on the pleats. Once that's done, you can use the fabric to do many things: you can make a bonnet with it, or the smocked front of a little girl's dress. We will make an ornament as a quick project. Terry will provide one, and if anyone is interested, she will show you how to use it. All materials provided. Just come to watch and learn.



Caregiver Support Group



Anne Marie Rowse, principal of Senior Care Advisors, LLC, is a certified geriatric care manager with over 25 years of experience in the field of health care. She presented a Community Conversation on "Support for Caregivers" for the Carlisle Council on Aging on Feb 26. Those who attended expressed a need for more regular meetings, so Ann Marie volunteered to facilitate a Caregiver Support Group for those caring for aging loved ones experiencing medical challenges, including dementia or related conditions, as well as

for elders themselves looking for health care information. This group will meet on May 13th 3:00 – 5:00pm, and June 10th 3:00-5:00pm". There is no registration required; just show up at the Hollis Room of the Gleason Public Library, 22 Bedford Road, Carlisle, Ma. The support group is free of charge and offered as an important service for the greater Carlisle community. If you want more information before you arrive, please contact Anne Marie at amarowse@charter.net.

May Chuckle-The kids will be here

An elderly man in Denver calls his son in Los Angeles and says, "I hate to ruin your day, but I have to tell you that your mother and I are divorcing; forty-five years of misery is enough. "Dad, what are you talking about?" the son screams. "We can't stand the sight of each other any longer," the old man says. "We're sick of each other, and I'm sick of talking about this, so you call your sister in Atlanta and tell her," and he hangs up. Frantic, the son calls his sister, who explodes on the phone. "Like heck they're getting divorced," she shouts, "I'll take care of this." She calls home and screams at her dad, "You are NOT getting divorced. Don't do a single thing until I get there. I'm calling my brother back, and we'll both be there tomorrow. Until then, don't do a thing, DO YOU HEAR ME?" and hangs up. The old man hangs up his phone and turns to his wife. "Okay," he says, "They're coming for Thanksgiving and paying their own fares...Now what do we tell them for Christmas?."

FOOD COURT & Miscellaneous Activities



Monthly Coffee - Thursday, May 2 at 9:00am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Ct. Coffee is hosted by COA Secretary Elizabeth Acquaviva & COA board member Peggy Hilton.

Men's Breakfast - Thursday May 9 at 8am



Held at the Sleeper Room at Village Court each month. Enjoy this generous, hearty breakfast prepared by volunteer chef Andy Cutter and helpers. **Suggested donation:** \$3.

"SENIOR MOMENTS" at Ferns – May 13, from 9:30-11am

A casual drop-in for Carlisle seniors 60+. **FREE** goodies provided by the Carlisle COA. Ferns gives a 10% discount to attendees for coffee. First come, first serve!

Chelmsford Crossing Lunch Wednesday, May 1st FRS at noon

Join us at the FRS for our monthly luncheon run by our wonderful team of COA volunteers. Enjoy a delicious meal of stuffed peppers, mashed potato, green beans, dinner rolls and dessert. **Following the lunch, Two Old Friends, Jim Prendergast and Emery Hutchins** performance represents the American experience in a real and vibrant way. There are American blues pieces juxtaposed with Irish jigs and reels. There are "shout tunes" and plaintive ballads. Come and enjoy an afternoon with "Two Old Friends!" Please call (978) 371-2895 to register no later than noon April 25.

Nashoba Valley Tech High School Lunch - Tuesday, May 14 at 11:45am

Call the COA by Thursday, May 9 at noon to make your choice from the following delicious meals created with great care by the culinary arts students at Minuteman:

- Meat lasagna-tender pasta with a delectable tomato sauce.
- Broiled swordfish-tender swordfish, cooked to perfection and served with lemon butter.
- Vegetarian meal will be based on seasonal vegetables along with starch, chef's choice.

Cost: \$10 plus tip, payable at school.

Quartet – A Movie Review - by David Klein

Quartet, a recently released movie based on Ronald Harwood's play about a home for retired, older musicians set in the English countryside, seems to have split the vote in terms of reviews. In a turnabout from the norm in which critics are hard on films that audiences like, *Quartet*, which marks the directorial debut of Dustin Hoffman, manages to capture the fancy of many film critics while leaving some theater goers wondering about a certain lack of plot. *Quartet* was an okay movie, but it is one that would be just as good as a rental. I'm a big Hoffman fan and was certainly prepared to like the first film with him at the helm. And, I think that he actually crafted a visually nice movie. The acting was good as well; what's not to like with Maggie Smith, Michael Gabon and other strong ensemble actors? In the end it was the story itself that could have been better developed. The cast included several actual retired musicians. They were charming and it was indeed interesting to see how they continued to incorporate music into their lives; a good lesson for the rest of us. The critics were harsher on last year's *The Best Exotic Marigold Hotel* for being formulaic and yet *Marigold*, in my opinion, had a more dynamic cultural ambiance. Both movies shared an interesting take on the "you're never too old to try new things" theme. If you do see *Quartet*, be sure to stay through the closing credits, which show interesting photos of many of the cast from earlier in their careers. That was almost worth the price of admission, by itself.

****NOTE:** COA Lunches, Monthly Coffees, Mens and Womens Breakfasts, are sponsored in part by the Friends of Carlisle COA, the Council on Aging, and other private donations. If you are attending an event at the Sleeper Room at Village Court, please park on the street as parking in Village Court are for residents only. Thank you. Please call the COA at (978) 371-2895 to register as noted.

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Return Service Requested

This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs.



Yard Work Help

Bill Gale and a number of students from his sixth grade advisory group are willing to help seniors once a week with yard work. If you would like to schedule a team, please call Angela at (978) 371-2895 to make an appointment. First come, first served.

FRIENDS OF COA ANNUAL MEETING SUNDAY, MAY 19, 3-5 PM

ALL are welcome to attend the Friends of the COA (FOCCOA) Annual Meeting. Diane and Andrew Rodgers of CLARK FARM will speak about *SUSTAINABLE FARMING & NUTRITION*. This event will be held at the home of Dick and Carolyn Shohet, Mill Iron Farm at 299 Bedford Rd., Carlisle, MA. Join us for an informative lecture, music and refreshments! R.S.V.P. Estelle Keast at ekkeast@comcast.net or (978) 369-2445. A shuttle will be running from Village Court at 2:20pm and Town Hall at 2:40pm to ease parking at the Shohet House.

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